

## THEMES

- Facing fears
- Helping others



### Bible references:

**Matthew ch 5: 14-16**

**John ch 8: 12**

**Genesis ch 1: 1-31**

## RUNNING ORDER

### ON VIDEO

- Hello
- Creation story
- Reflection on 'being light'
  
- Reflection on Stars
- Prayer

### YOU LEAD

- Discussion: 'being a light for others'
  
- Optional Activities

## OPTIONAL ACTIVITIES

### Candle, match, torch

It's like rock paper scissors but with different sources of light. Its called candle match torch. A candle is brighter than a match, a torch is brighter than a candle, a match sets fire to a torch.

ie: candle beats match  
torch beats candle  
match beats torch

### Coping with fears

Talk to the class about different ways they can cope with and manage fear. One method can be distraction, when they feel trounled or upset by something going on around them they can do things to distract themselves such as;

- playing a video game
- listening to music
- calling or talking to a friend
- reading a book
- doing some exercise indoors

Another method can be to use positive imagery. whenever the children feel anxious or scared tell them to think about things that make them feel positive such as;

- favourite place/food/person
- happy memories
- it could also be something they're looking forward to eg. Christmas.

5 MINS

5 MINS

